



City of Chattanooga Fitness Center 2006 Specialty Class / Fitness Programs

Some classes and Programs require sign up and a separate fee paid directly to the instructor

Complete Core Training

**X-Treme Abs! (Extreme Core training for the Abs and Back) Instructor Ralph Aaron
45 minute session Tuesday and Thursday at 12 noon \$2.00 per class. includes entry fee**

Traditional Yoga (January 7th - February 25th 2006)

Good for your health and well-being

Saturdays' 9:30am Cost \$ 40.00 for 8 week course

Contact instructor David Nazar @ 503-2366 e-mail dnaz@comcast.net

Tai Chi (January 7th-February 25th 2006)

Learn Temple exercises and the beginning of the Short Yang Form

Saturday 10:45 am Cost \$32.00 for eight sessions

Instructor David Nazar 503-2366 e-mail dnaz@comcast.net

Hard Core X-Treme Training

Maximum Total Body Conditioning for an X-treme workout

(Instructed by Ralph Aaron)

Conditioning Specialist for the Fire and Police Training Center since 1997

Monday and Wednesday @ 7:00 pm Cost: \$5.00 per class

Call The Fitness Center at 697-1320

Adaptive Tae Kwon do

Fridays at 5:00 pm Cost: \$1.00

Instructor (Donnie Bryson)



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